

The Standard's Page of Interest to the Women Folk

BUY CHEAP AND SAVE LATER EXPENSE

It is in spring that the small West Indian pineapple comes to its greatest profusion and at the lowest price. There is no more healthful or refreshing fruit eaten raw. It can also be preserved with little trouble and when the fruit itself is eaten, the syrup left is a most valuable flavoring for sauces and ices. The acid of the pine, which is peculiar to itself, is most valuable in forms of digestive trouble, but it is also an active acid and care must be taken in preparing it to avoid all contact with metal wares. Pare the pineapple and slice crossways into pieces about an inch thick. Cook in the familiar and sanitary enameled ware saucepan with just enough syrup to cover the fruit, for much juice will come from the sliced pineapple. A thick marmalade or jam can also be prepared from the pineapple, which will go far toward helping out winter menus. We all hope the war is not going to be a long one, but it is only the part of prudence now to buy what we can cheap and save expense later on.

Asparagus Not a Luxury

Asparagus is a delicious vegetable that it runs the danger of being glassed with the luxuries and therefore being tabooed in these days of forced economy. This is, however, a mistake; for the delicate stalks of the asparagus contain quite an astonishing degree of nutriment. One trouble about the cooking of asparagus is that it is frequently not cooked enough. In the desire to have it look well the housewife often boils the asparagus still tied in a bunch, by which means the inner stalks are not as tender as they should be. This can be obviated by using the long shaped enameled ware kettle, which is also invaluable for fish. This kettle contains a tray on which the asparagus can be spread and so cooked through thoroughly and get be perfectly whole when served at the table. Cut off sweet or fancy deserts, but treat your family to asparagus and avoid doctors' bills.

A COMFORT KIT FOR MOTHER AND BABY

The baby is the one member of the household especially benefited by the daintiness and wholesomeness of enameled ware utensils. It is a matter of course that the tiny bath tub should be of white enamel. Tin does not hold the warmth and keep the temperature even, and it is hard to clean. The enameled saucepan and double boiler for warming food and sterilizing bottles, with spoon to match for stirring liquids, make an equipment for the comfort of baby and mother which a generation ago was unknown. Most people will find the enameled "nursery" refrigerator worth its weight in gold as well. In these days there is no sense in running all over the house for things needed in the middle of the night. Put up a zinc-covered shelf in a convenient corner, set on it a small gas or alcohol stove and the refrigerator, hang up the other things over the shelf, and be at peace!

LITTLE PUDDINGS

Individual enameled ware cups are nice for steamed fruit puddings. Fill them half full of any fresh fruit, put in a spoonful of muffled batter, steam in a steamer or a fat-bottomed caldron, and turn upside down on a plate. The fruit makes the sauce, or one can serve a spoonful of hard sauce as well, they used to at the old Astor house. The impervious qualities of enameled ware make its use essential to the avoidance of acid action in the cooking of fruits.

SENSIBLE ECONOMY IN KITCHEN

Hand in hand with spring housecleaning goes the renovation and refurbishing which the housewife has been planning through the winter days. This spring, economy is the watchword; we all have to eat and the present price of food makes it cut down on other things to secure enough of that. There is just one department, however, in which it is not economy to do without and that is the kitchen. Whatever else is sacrificed, the kitchen equipment should be kept at a high level. Look over all the saucepans, kettles and other utensils and discard all that have passed the height of their usefulness. Keep on hand a full assortment of sizes in saucepans. Nothing is more wasteful than cooking a little in too large a vessel. If possible have all the cooking utensils of enameled ware. In them you have combined a hard porcelain-like surface with great heat efficiency. This is an economy in fuel as well as in food and a safeguard against the action of acids. Go without the new curtains or rugs that you would like to have, but don't skimp in the kitchen.

JUST WHAT SHE NEEDED.
When women complain of weariness, loss of strength and vitality, backache, pains in sides and hips, dull headaches, dizziness, floating specks, and similar ailments, they too often accept these troubles as their lot because they are women, when the ailments may be the results of disordered kidneys. Mrs. Mary V. Bunker, Milton-on-the-Hudson, N. Y., writes: "I am now on my second bottle of Foley Kidney Pills. They seem to be just what I needed." Try them.—A. R. McIntyre Drug Co.—Advertisement.

MOTHER GRAY'S POWDERS BENEFIT MANY CHILDREN
Thousands of mothers have found Mother Gray's Sweet Powders an excellent remedy for children complaining of headache, colds, feverishness, stomach troubles and bowel irregularities from which children suffer during these days. These powders are easy and pleasant to take and excellent results are accomplished by their use. Used by mothers for 50 years. Sold by Druggists everywhere, 50 cents.

YOU LOVE COMFORT IN YOUR Home

Then get
A Victrola
A Columbia
An Edison Diamond Disc
AT
"Where Everybody Goes"
Glen Bros.-Roberts
Piano Co.
2472 Hudson Ave.

CHAUTAUQUA TENT IS TO BE ERECTED NEXT THURSDAY

"Ogden's Chautauqua assembly will have the finest program that has ever been presented in the state, given by the greatest lecturers, entertainers and musicians ever secured for a western Chautauqua circuit," said Ben H. Johnston, state senator from Arkansas and representative of the Ellison-White Chautauqua system today.

Every preparation has been made for the opening of the Ogden Chautauqua next Friday, excepting the final erection of the tent on the Ogden High school grounds, Twenty-fifth street and Monroe avenue. This tent will arrive next Thursday and be erected in the day previous to the assembly. Supt. Guy Bingham will arrive Friday morning to take charge of the program for the week.

Musical events during the week will include concerts by the Boston Light Opera company; James Goddard, bass-baritone, assisted by Ruth Ray, violinist, and Robert Yale Smith, pianist; The Davenny Festival Quintette; the Smith-Spring-Holmes Concert company, the Ongawa's of Japan and the Musical Art quartette.

CONTROVERSY OVER MUNICIPAL COURT

Following the refusal of Municipal Judge George S. Barker to file the cases in the "justice court of Ogden precinct" yesterday, County Attorney Charles L. Farr yesterday filed misdemeanor complaints against F. E. Thomas and Tom Shugrue in the district court. When taken to Judge Barker for filing, the judge stated that there was no justice court in Ogden, averring that if the municipal court was non-existent, it was ridiculous to presume that there was a justice court as he is justice of the peace only by virtue of his office as municipal judge. It is probable that the controversy started by the county prosecutor and district attorney and on which local attorneys are about equally divided in opinion, will soon be taken to the state supreme court for a ruling.

EVERYDAY ETIQUETTE



If you are a guest at dinner, it is not good form to fold your napkin. Leave it lying loosely beside your plate.

Questions answered by Alicia Hoyt. Miss Hoyt will answer in this column all questions on matters of etiquette which are addressed to her in care of this paper. If a personal answer is desired, enclose a two-cent stamp.

Sibyl—Yes, it is an excellent idea to declare one's patriotism openly, especially in such a crisis of national affairs as we have on our hands at the present time, by wearing our national emblem; and I agree with you that every loyal American woman ought to do it. However, I think I should wear just a small flag button or badge such as the majority of women are wearing. If you adopt the more conspicuous style of having flags embroidered on your hose and gloves, or of pasting a tiny flag above the dimple in your left cheek, you might be open to suspicion of trying to attract attention to your personality rather than to your patriotism, and might possibly be convicted of vulgarity. Our flag should be taken seriously as an emblem of our country, and should not be used as an aid to coquetry.

Mrs. A.—A napkin should never be tucked into the front of the blouse to protect it. You are supposed to handle your food so skillfully that there will be no dribbling. The only place for your napkin is on your lap.

How Fat Folks May Become Slim

To be overstout is humiliating. Style and fat folks are strangers. Therefore, people who are carrying around a burden of unhealthy and unsightly fat will be glad to know how they may reduce their weight without starvation, diet or tiresome exercises. If you want to get rid of superfluous fat in a simple, safe and reliable way here is a test worth trying. Spend some time in the open air, practice deep breathing and get from any good druggist a box of oil of koreal capsules; take one after each meal and one before retiring at night; also follow the other simple directions that come with the box.

Weigh yourself once a week so as to know just how fast you are losing weight, and don't leave off the treatment, or even skip a single dose, until you are down to normal weight, so that you feel and look wonderfully younger and healthier.

Every person who is too fat should give this treatment a trial. You will probably find it is just what you need. Amaze your friends!—Advertisement.

CONTRACT ON LEWIS SCHOOL AWARDED TO TRESSEDER

William Treseder, William J. Wright and the Utah company, contracting firms, are to build and equip with heating and plumbing facilities the new six-room addition to the Lewis junior high school, the contracts having been awarded to them last night by the board of education. The total cost of construction of the addition will be \$41,792. Woods and Jensen are the architects.

The bids submitted for the work were as follows: General construction—William Treseder, \$28,800 (accepted); Chas. J. Humphris, \$29,735; J. T. Newton and Son, \$31,387; Carl A. Wiese, \$32,212.

Plumbing—Utah company, \$2,780 (accepted); William J. Wright, Inc., \$2,830; Halverson Brothers, \$3,043; K. Bachman and Son, \$3,100.

Heating—William J. Wright, Inc., \$10,212 (accepted); Halverson Brothers, \$11,166.50; Utah company, \$11,986.

Total of three accepted bids, \$41,792. Bids for the coal to be used next winter in the schools were received from the John Farr Coal company, Asael Farr Coal company, Badger Coal and Lumber company and Rawson Brothers Coal company. In each, it was stated that the advance in the price of coal or in freight rates would be charged, regardless of the contracts.

Any man who is always right is usually a nuisance.

Beautifies
Gouraud's Oriental Cream
Send 10c for Trial Size
FERD. T. HOPKINS & SON, New York

HEALTH TALKS

The Voice of Elie

Elie Metchnikoff has been dead nearly a year now but his name is still used to bolster up methods he never advocated. In "The Prolongation of Life" he wrote:

"As in all the known soured milks the lactic bacilli are associated with a rich flora in which pernicious microbes may be met, the skimmed milk should first be boiled and rapidly cooled, pure cultures of the lactic microbes (Bulgarian bacilli) are then sown in it in sufficient quantities to prevent the germination of spores already in the milk and not destroyed in the process of boiling. The fermentation lasts a number of hours, varying according to temperature, and finally produces a sour curdled milk, pleasant to the taste and active in preventing intestinal putrefaction. This milk taken daily in quantities of a pint, controls the action of the intestine, and stimulates the kidneys favorably. It can be recommended in several skin diseases."

"A large portion of the casein is rendered soluble during the fermentation. Of the phosphate of lime, 68 per cent is rendered soluble."

"Those persons who cannot take milk may swallow the bacilli in a pure culture with jam, sweetmeats, etc. Cultures may also be made in vegetable broths or animal peptone to which sugar has been added. The microbes need sugar to produce lactic acid."

"If it be true that our precocious and unhappy old age is due to poisoning of the tissues (the greater part of the poisoning coming from the large intestine inhabited by numberless microbes) it is clear that agents which arrest intestinal putrefaction must at the same time postpone and ameliorate old age."

Nowhere does Professor Metchnikoff express a preference for any particular brand of Bulgarian bacilli. He was a scientist, not a merchant.

"From time immemorial human beings have absorbed quantities of lactic microbes by consuming in the unrefined food."

THE COMMITTEE OF PREPARATION AND SAFETY
To the Citizens of Ogden and Weber County:

Your committee of preparation and safety, acting by and through its subcommittee on census, composed of Hon. Charles R. Hollingsworth, chairman, President John V. Bluth and Harvey Cahill, have arranged for the taking of a complete census of the human resources of the county over the age of 15 years.

Ogden City will be enumerated the coming week and the several wards in the county little later. The city has been so divided and districted that, as nearly as may be, there will be an enumerator on each block, whose duty it will be to call at each residence and procure the name, age, occupation, residence, phone number, status (whether married or single), the number and ages of all children, and what industrial or other service the person listed would be willing to render if the service should be needed. This enumeration will be no part of the registration required for June 5, and is in no way connected with it.

The object of this census is to procure the names of all persons over 15 years of age who are able to work at something, to ascertain which of them are already employed, and at what service they are engaged, and the kind desired. The committee feels that every individual should have an opportunity to do his or her "bit" to help sustain the nation and to help win the war, and we desire to help all such persons to do so and to procure useful and profitable employment as well.

Especially is this important and appropriate in view of the fact that this committee and the public authorities have been urging, and through their efforts have secured, the cultivation of several thousand additional acres, which have been seeded to crops and nearly, if not quite, 1,500 additional gardens which have been planted with in the city. With all of this additional acreage to be cultivated and crops to be harvested the next few months, and hundreds of our young men being taken from the farms to go to the training camps, there is presented a very serious problem that should and must be solved in some way. In the presence of existing and prospective conditions we feel that it would be no less than criminal to permit a bounteous harvest to stand ungathered in the fields or orchards because of a failure to find the labor to garner it. The solution seems to be to get the labor in touch with the work. And to do so it is our purpose to so classify and index the information obtained by the census enumerators that we can be in instant touch with every person in the county; and establish, at our headquarters, a clearing house for labor. With such arrangement, every farmer, orchardist, gardener, manufacturer or other employer of labor, if he shall need one or a dozen men, women or children to assist him, can phone his wants to us and we can tell him where the help can be secured, or arrange to furnish it to him. On the other hand, every person who desires to work can be secured employment through our committee's headquarters.

Large Women May Appear Slender

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine. Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts thru the Blood on the mucous membrane because of a failure to find the labor to garner it. The solution seems to be to get the labor in touch with the work. And to do so it is our purpose to so classify and index the information obtained by the census enumerators that we can be in instant touch with every person in the county; and establish, at our headquarters, a clearing house for labor. With such arrangement, every farmer, orchardist, gardener, manufacturer or other employer of labor, if he shall need one or a dozen men, women or children to assist him, can phone his wants to us and we can tell him where the help can be secured, or arrange to furnish it to him. On the other hand, every person who desires to work can be secured employment through our committee's headquarters.

Big Showing of Summer Furniture

If you are looking for good furniture and carpets; if you are looking for that which is reliable; if you are looking for full value for every dollar you intend to spend, look here! Look through our four large floors which we have filled with the best goods the market affords and let us quote you our

10TH ANNUAL June Bride's Sale Prices "EVERYTHING CHEAPER" Ogden Furniture & Carpet Co.

It is not our purpose to speculate out of this service, nor do we intend to ask individuals to go out and render their services to others gratuitously. We believe that "the laborer is worthy of his hire" and should receive it. What we aim to do is to get the employers, who need help, the assistance they require and, at the same time, help the people who are employed to remuneration therefor. In that way we will also be rendering the patriotic service of helping to sustain the nation, of helping to win the war by increasing our harvest, as much as possible, or preventing waste, and by increasing the production of other commodities necessary to a successful prosecution of the battles across the sea.

We sincerely hope that you will cheerfully furnish the enumerators who call upon you the information their blanks call for and consider them as your friends—not as intruders who are offensively inquiring into your personal affairs.

In behalf of the committee,
Sincerely yours,
C. C. RICHARDS,
Chairman.

STOPPED HIS BACKACHE.
George Lawrence, railroad fireman, Kittrell, Miss., writes: "I used three one-dollar bottles of Foley Kidney Pills when I was so sick I hardly could stay on my engine. My back ached all the time; my kidneys ached; dull headaches; felt sleepy all the time; nervous; had to rise six to eight times each night. Foley Kidney Pills cured me." They strengthen the kidneys so they can filter out of the blood the uric acid and other poisons that cause rheumatic pains, backache, stiff joints and sore muscles.—A. R. McIntyre Drug Co.—Advertisement.

byterian church Sunday at 8 o'clock has the following program:
Prelude Hilgarth
Solo, "Aria" Gounod
Mrs. Louise Bartless Wenger.
Trumpet solo:
(a)—To Arms.
(b)—Assembly.
(c)—Boots and Saddle.
(d)—Quarters.
(e)—Church.
Ned Menzies of Troop K.
Violin Offertory, Melodie Nevins
Miss Ida Anderson.
Trumpet solo:
(a)—Fatigue.
(b)—Guard Mount.
(c)—Retreat.
(d)—Reveille.
(e)—Taps.
Patriotic Song and Chorus
The Star Spangled Banner
Postlude Verdon
Miss Louise Pierce.
The theme of the sermon will be on the fascinating history lying back of the Liberty Loan.

Learn To Prevent As Well As Heal Skin Troubles With Cuticura

How much better to prevent skin suffering by using Cuticura for every-day toilet purposes, the Soap to cleanse and purify the pores, with touches of Ointment now and then as needed to soothe and heal the first signs of eczemas, rashes, dandruff and pimples. You will use no other once you try them.

CHICHESTER'S PILLS
THE DIAMOND BRAND.
Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Beware of cheap imitations. Take no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS, No. 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. Sold by Druggists everywhere.